

Chronic Conditions Exercise Program

What is the Chronic Conditions Exercise Program?

The chronic conditions exercise program is an 8-week (twice weekly) exercise program designed to help improve physical and social wellbeing. It is provided by Townsville Community Allied Health Service.

Session details

Various times on Tuesdays and Thursdays.

Location: Physiotherapy Gym, Kirwan Health Campus, 138 Thuringowa Drive, Kirwan

Aims of the program

- Encourage physical fitness
- Encourage participants to self-manage their conditions
- Improve quality of life
- Build strong muscles and bones
- Improve blood pressure, cholesterol, heart and lung health
- Improve posture, mobility and balance
- Develop and maintain overall physical and mental well-being.

Who is involved?

The team includes physiotherapists, exercise physiologists and therapy assistants.

What to bring

- Wear appropriate clothing and closed in footwear (thongs or slip on shoes are unsuitable)
- Towel and water bottle
- Medications (eg. Ventolin if you require it).

Things you must do

Inform the Physiotherapist/Exercise Physiologist if you have or develop any of the following:

- Change in medical condition
- Acute illness or infection
- Fever
- Open wounds/discharge
- Rashes.

Please take all medications as prescribed.

Eat your breakfast or lunch time meal/s as normal.

If you are unable to attend

Please ensure you advise the program leader if you are unable to attend your scheduled session.

Kirwan Health Campus: 4433 9500

Failure to attend 2 sessions without notice may result in cancellation from the program in accordance with your program agreement.

